

## Ico wokorwa nimba urwaye COVID-19

### Guma muhira:

- Ntuye muhira, kumbure ugiye kwivuza. Banza wakure muganga canke abajejwe amagara y'abantu imbere yo kuja kubaraba.
- Abantu benshi bafise indwara itararengerana barashobora gukirira muhira. Igihe utoshoboye kuvurwa COVID-19, utegerezwa kuruhuka cane, kunywa ibifungurwa vyinshi, gufata n'imiti igabanya umucanwa nimba bikenewe.
- Uko bishoboka kose, guma mu cumba c'iwawe muhira kandi ukoreshe ubwogero bwa wenyene. N'imiburiburi guma ku metero zibiri uvuye aho abandi bari umwanya wose. Wisangira ibikoresho vya muhira.
- Saba uwundi muntu akurikirane ibikoko vy'iwawe. N'ubwo ata bikoko biragaragaza ko birwaye COVID-19, abantu barwaye uwo mugera bagomba kwirinda kuvyegera gushika tubonye amakuru abisigura. Nimba ushaka kuvyikorera, karaba iminwe yawe imbere yo kuvyegera n'inyuma yo kubikorako.
- Guma uvugana n'abandi - koresha ubuhinga bwa none uvugana n'incuti n'abagenzi.

### Gukora isuku buri musi no kumesura:

- Kora isuku hama upompe imiti mu cumba no mu bwogero bwawe. Saba uwundi muntu akore isuku ibindi bibanza vya muhira.
- Oza neza ibikoresho vya muhira, nk'ivyombo uhejeje kubikoresha.
- Karaba iminwe kenshi n'isabune n'amazi n'imiburiburi amasegonda 20. Koresha umuti wo gusukura iminwe wica bagiteri ukozwe muri arukoro nimba isabuni n'amazi bitaboneka.

### Igihe ugomba kwitabwaho vyihutirwa:

Nimba ufise ingorane zo guhema, ubabara mu gikiriza, vyakuvurunze ubwenge, canke umunwa wawe wahinduye ibara, ibinyigishi, mu maso, inyuma ku maso, canke inzara, ja kwivuza vuba. Igihe uhamagaye abajejwe amagara y'abantu, bwira muganga canke nimero 911 ko urwaye COVID-19 kandi wikumiriye muhira.

### Abantu bari bakwegereye urwaye bagomba kuguma muhira - n'aho baba ata bimenyetso bafise:

- Abantu bakwegereye igihe wari urwaye, gitangura imisi ibiri imbere yuko ibimenyetso bigaragara, bigakomeza gushika ukize bagomba kuguma muhira. Bagomba kuraba imfashanyo "[Ico wokorwa mu gihe wegeranye n'umuntu arwaye COVID-19](#)". Abegereye abakwegereye ntibagomba gukoresha iyo mfashanyo (keretse bafise ibimenyetso).
- Kwegerana bisigura kuba mu metero zibiri umwanya munini. Kwegerana ntibisigura kuba kure yizo metero zibiri iyo mubana mumarana umwanya munini mu kibanza kimwe, mugendana, muri make muba mu cumba kimwe.

Uburorero bwo kwegerana	Uburorero bwo KUTEGERANA
Kubana muhira	Warigeze kwakira amahera mu iduka
Muri abagenzi ba hafi	Ukora mu nzu idandaza imiti waratanze imiti
Waragendanye mu muduga umwe n'umuntu arwaye	Warahagaze imbere y'umuntu mutonda umurongo ku iduka
Mwarasangiye n'umuntu yanduye	Waragiye kubaza ikibazo uwo mukorana akazi

Ni vyiza kureka kwikumira igihe wakize. Ico gihe ni igihe ibi bintu bitatu **vyose** byabaye:

1. Trois jours se sont passés sans fièvre et sans prise de médicament contre la fièvre, et
2. Les autres symptômes se sont améliorés, et
3. Au moins sept jours se sont écoulés depuis la première apparition de vos symptômes.

Itandukaniro hagati yo kwikumira no gukumirwa muhira

	Kwikumira muhira	Kuguma muhira
Ku bwa nde?	Abantu bafise ibimenyetso vya COVID-19 <ul style="list-style-type: none"> <li>• Ku bantu barwaye COVID-19 bitaragera aho bajanwa mu bitaro, canke</li> <li>• Ku bantu barindiriye inyishu zavuye mu gupimwa</li> </ul>	Abantu badafise ibimenyetso vya COVID19 <ul style="list-style-type: none"> <li>• Abegereye abantu barwaye COVID19</li> </ul>
Igihe kingana gute?	Gushika ukize, inyuma yuko habaye ivyo bitatu: <ol style="list-style-type: none"> <li>1. Haheze imisi itatu ata mucanwa ufise mugabo utakoresheje imiti igabanya umucanwa, n'</li> <li>2. Ibindi bimenyetso vyigaragaje, kandi</li> <li>3. N'imiburiburi imisi indwi iheze ibimenyetso vya mbere bibonetse.</li> </ol>	Mu misi 14 kuva umusi wamenye ko urwaye. Umusi wo kwandura ni umusi w'ubusa.
Bisigura iki?	Kuba mu cumba ca wenyene mu nzu, ukoresha ubwogero bwawe, wirinda kwegerana n'abandi.	Kuguma mu nzu umusi wose, ucunga ibimenyetso, wimenyereza no kuba wenyene. Nimba bishoboka ugakoresha icumba n'ubwogero vya wenyene. Igihe ugaragaje ibimenyetso, ni vyiza ko n'abo mwegeranye baguma muhira.

Andi makuru araboneka ku rubuga rwacu rwa interineti: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## What to do if you are diagnosed with COVID-19

### Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department.
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as possible, stay in a specific room in your home and use a separate bathroom. Stay at least six feet away from others in your home at all times. Don't share household items.
- Have someone else care for your pets. Although no animals have been reported to get sick with COVID-19, people with the virus should limit contact with animals until more information is known. If you do care for your pet, wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

### Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

### When to get medical care immediately:

If you have difficulty breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you have COVID-19 and are isolating at home.

### People who have been in close contact with you while you were infectious should quarantine at home – even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before any symptoms began, and continues until you have recovered, should quarantine at home. They can refer to the [“What to do if you are a close contact of someone who is diagnosed with COVID-19”](#) guide. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet for a long time. Close contact does not mean being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room.

Examples of close contacts	Examples of NOT close contacts
People living in the same home	Cashier at the grocery store
Intimate partners	Pharmacists who gave you medication
People who rode in the same car while you were infectious	The person in front of you in line at the store
Friends who had dinner together while you were infectious	Coworker who briefly walked by to ask a question

**It's safe to stop home isolation when you've recovered. This is when all three things have happened:**

1. It's been three full days of no fever without the use of fever-reducing medication, and
2. Other symptoms have improved, and
3. At least seven days have passed since your symptoms first appeared.

#### **Difference between isolation and quarantine**

	<b>Self-isolation</b>	<b>Self-quarantine</b>
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none"> <li>• For people with COVID-19 who aren't sick enough to be hospitalized, or</li> <li>• For people who are waiting for test results</li> </ul>	People with no symptoms of COVID-19 <ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19</li> </ul>
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none"> <li>1. It's been three full days of no fever without the use of fever-reducing medication, and</li> <li>2. Other symptoms have improved, and</li> <li>3. At least seven days have passed since your symptoms first appeared.</li> </ol>	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)